

## Playing One Sound

Sit or stand tall and balanced.

Bring the oboe up to you.

Place the reed half way up the red part of the lower lip.

Relax the eyes, face, shoulders and on down through the entire body, as if you are disappearing.

Imagine a huge sphere without contours, with your body at the center.

Breathe through your mouth like yawning, and feel that the entire sphere is filled with breath.

Form the embouchure, like an “anteater snout”.

Touch the tip of the reed with the tip of your tongue.

Say “too” to begin the note.

Feel the sound vibrating throughout the entire sphere.